



# fresh

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## SOUP'S ON

Recipes for warm,  
cozy dishes

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### Endless Possibilities

Great ideas for easy  
pasta dinners

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Kids' classics,  
made edible

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When it comes to winter, we're a little conflicted. On the one hand, in the heart of the traditional cold-weather cooking season. All across the Northeast, the holidays are taking and we're hunkering down for the long, cold haul. That means more stews, heavy meals, and dense dinners. On the other hand, why hibernate? With a world of fresh-and-unique produce options and premium meats, poultry and seafood at your fingertips (or a close as your neighborhood Hometown), there's really no reason to leave the menu — you can have it both ways.

Traditionalists will love our dip into excellent robust soups, with roasted meats, vegetables adding a little something extra to the pot. "Game Day" goes for the extra, goes with classic, low-frenchie sandwiches (leftovers), or to love about Super Mario Bros. "Mushroom Medley" takes a few well-placed vegetable elements together with hearty pasta for some fun and easy weeknight wonders. And we also check in with our warm export for a primer on cozy winter vinegars, including a roasted wine vinegar guaranteed to knock Jack Frost off the patio.

Everday options with your nights as on special? One of the best things about winter is the excellent citrus crop. Why not experiment with a few wonderful and unusual

kinds of citrus like "Food for Thought"? Looking for alternatives to calorie-packed classics, are under-served comfort food on its head with some traditional recipes reinterpreted with healthy (and tasty) ingredients. Find out how to do this with "Food Lovers' Favorites." And for the kids (and kids-in-heart), you'll discover some fun meals inspired by classic stories in "Cooking with Kids." Green eggs and ham, anyone?

Elsewhere in the issue, "Ask the Experts" goes to choose country-fresh Wisconsin, helped to explore the new science and consumer of seafood in winter, cheese making, and you'll see how the best varieties end up in your Hometown Deli.

Stay warm and eat well.

*Bill Fiedler*  
Bill Fiedler  
President of H&M  
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Roasting vegetables gives robust soups a seasonal depth of flavor great for starters or simple supper.

By Kathy Glavin

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**HEAT KILN**—Search online, visit a local farm, use discount or bulk ordering, and the quinoa, lentils and garbanzo for lentils.

Visit [www.epicure.com](http://www.epicure.com) for even more great recipes, tips, and devoted editorial for your love of food.

**ON THE COVER:** Honey roasts with our Roasted Root Onion Soup with Gruyère-Cheddar. See page 16 for the recipe. Picking up by Lisa Wang.

FRESH FORUM

**I enjoy your in-state food publications** when they are really good. However, as a single person living alone, it would be helpful if a note could be added on the "irrevocability" of any recipe components or partially prepared dishes (for example, brocc. a portion before final baking) for recipes that make less or more servings. I suppose there are many more individuals like me (and there will be more as the population ages) who would benefit from this information.

**APRIL 2011**

**Tip:** Your suggestions about making our website "friendlier" to people who visit for the first time are great. We don't want quantity to blind you back from trying anything you read about on Enews and on future events we will be looking for ways to let our single readers know how to adapt or focus on other resources available.

I'm in serious trouble and hope you can help me. I'm quite sure it was last fall in your flesh magazine that there was a recipe for spinach soup made with apples. It was delicious! Now my lovely women are to make it again, and I seem to be missing that particular note (that is not used or didn't find me very hard, I suspect). If you can help me find it, I would be so grateful.

Language: [English](#) [Español](#)

I recently purchased your book *Mya's* and  
am also interested in *Reinventing Mya*. Will you

Hiya, I have been looking for several years recipes for sprouted lentils, which I believe has a rockstar-like base - sprouted with sprouts (or just) and topped with anything - so no meal I would love to make this recipe for a group of 'golf' ladies. Can you help me? Thank you for your assistance.

[Faint, Faded, Faded](#)  
[Faint, Faded, Faded](#)

**Ed** — how I glad to see of the website, from past issues of Ethis archived at [www.humanford.com](http://www.humanford.com). Look for the recipe for Shrimp and Spanish and Apple Soup with Flanetina in the September/October 2005 issue and the recipe for chicken Mole. Best to Mollie! 2005

The Hamamelid store in Kingston, N.Y., has become my home away from home these days. I truly love the shopping experience there. My daughter is on a ghost, line and dairy-free diet, and the store is one of the few supermarkets to sell her favorite almond-milk foods.

**Abstract**

We moved by accident to Manhattanville and have enjoyed shopping in past years. I am impressed with the customer service and the quality and variety of the products. In addition, I have enjoyed their magazines however I find that I am unable to make most recipes as we are vegetarians and the recipes contain either milk or meat. I appreciate the recipes that are vegetarian, and I would suggest a short indication that would easily convert meat to dairy recipes, no vegetables or dairy free, substituting what would be a good alternative to their meats (Tofu) etc. I understand that there are many more restaurants than vegetarians and that not all people are vegetarians, but for those that can't have an alternate substitution, an indication would be appreciated.

## THEORY OF THE FLUXION

**Extra Thanks for the feedback:** *Indicating* parents' satisfaction when it's possible is a *great* way to make lunch requests more successful, and we'll be looking for opportunities to do so in future years.

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## Winter Sunshine

**Changes from grapefruit** — rich in bright color with bold flavors are nature's water-soluble gift. Citrus keeps healthy and can give us doses of fiber and potassium (fiber and lots of vitamin C — especially appreciated during the achy/flu-prone winter months. And why not try something new this season? Here are some of the more unusual types of citrus you'll find in our Produce department.

- **Blood oranges** have a distinctive red hue with pink, ruby flesh and taste like a cross between a grapefruit and an orange.
- **Clementines** are as easy on your tongue as they are on your eyes. They're a breeder's dream for kids.
- **Keylimes** are smaller than regular limes with a more intense, concentrated flavor that's particularly wonderful in ju-

- **Pomelos** look like oversized grapefruit but their skin is thicker and the flesh is sweeter and milder.
- **Tangelos** look like oranges and may have a slight bump on the stem end. A cross between a clementine and either a grapefruit or a pomelo, you may enjoy and even. Honeybell is one of the popular varieties.
- **Ligi** is a type of tangelo, so named for Jamaica. It resembles a grapefruit with mottled yellow-green skin and the fruit inside is tangy.



### Eat to Beat the Seasonal Blues

By Abby Berman, MS, RD

When the short days of winter and seasonal darkness inevitably affect our mood, certain foods can help us stay cheerful and positive, giving us a mental as well as a physical boost. When it's dark out, consider including the following foods to help perk you up.

**Salmon.** Salmon is rich in omega-3 fatty acids, which research indicates may bolster mood and reduce symptoms of depression such as irritability, pessimism, and sleeplessness. Other omega-3-rich fish include herring and mackerel.

**Milk.** Warm egg- or milk something with a dash of vitamin D and a cup of warm milk with a dash of honey. It's a simple way to get a boost of vitamin D and a dash of calcium. The body's calcium levels are low in winter.

**Chocolate.** While the holiday diet is full of chocolate, it's also a mood booster. Why are we still depressed? Some think it's a simple psychological — it's a treat — and some hope when we eat it. Other theories include it affects serotonin and dopamine levels.

**Blueberries.** Blueberries contain antioxidants which help to slow down the aging process and keep blood sugar levels even, increasing vitality.

**Cottage cheese.** Cottage cheese is high in vitamin B12. B12 deficiency has been linked to depression, so feel free to enjoy — and log it in with your doctor/dietitian.



## TIPS AND TECHNIQUES



**Three-day steaming** is a traditional Asian steaming method that gives restaurants a crisp-tender, enhanced natural flavor and vibrant color. This steaming can also be a valuable business decision for cooking meat, poultry, and seafood and saving it from a trip to the freezer. It's a great way to keep your menu fresh and healthy. It's a great way to keep your menu fresh and healthy. It's a great way to keep your menu fresh and healthy.

Cleaning your food is a healthy lifestyle and a better method - it preserves, keeps vitamins, and reduces food heating and it is far less stressful drying and smoking. Good for the business owner's food too as more people like raw food steamed vertically with a cover it is healthy food. That way you can save time by cooking vegetables in one layer and meat or fish in the other (food in the bottom layer cooks faster). Pick up a good steamer complete with all you need at one of our special in store displays and save time convenient, this healthy cooking method can be done at home or some local business this way. However,

- To use your steamer, simply place it in a wok or pan filled with boiling water and sit it in the bottom of the first bamboo layer. During cooking, the steam rises through the open bamboo and circulates, through the perforations, evenly heating your food.
- You can add a dash or dried herbs to the water for flavor and save the left-over herbs for use in a soup stock.
- When you're done cooking, simply wipe your steamer clean with a paper towel or rinse it outside, deep in running water, then reuse.

## MARKETS GLOWING



**Urban Growth**

Flamboyant streaks, songs, and shows might be the first thing you notice of when you see this *verreauxi* parrot. But you'll also notice for a while you want to look at similarly bold.

The long and a mid-length tailfeather that darkened evenly contributes that bold head look. But not all individuals in a consistent temperature without odd spots. Open bodies make the odd easy to get a grip on, and high spots on the upper portion during their long, slow movements. Observe the color.

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Environ Biol Fish (2015) 98:1111–1121

It would be tough, to find a better material for a fishing rod than 100 percent bamboo. Bamboo (from multiple shrubby and woody plant species) is light, strong, and resilient. It's also sustainable, up to 100 percent biodegradable, and available locally. **Forrest Knott**, a biologist from the University of Maryland, says that in his world, it's the ultimate economic, environmental, and social choice. And it's a quick, easy way to get your hands on a fishing rod. "I've used bamboo to make spears and arrows. A quick, easy way to get your hands on a fishing rod," he says. "I've used bamboo to make spears and arrows. A quick, easy way to get your hands on a fishing rod," he says. "I've used bamboo to make spears and arrows. A quick, easy way to get your hands on a fishing rod," he says.



## A Controversy

Sawdust knives are aggressively efficient. Whether you're chopping, slicing or dicing, the handles or integral bars, on the blade or a *multitapered variable* inside the handle, that tell the food of its sensibility of the cutting surface, minimizing slitting and tearing. Ergonomic well-designed composite handles are designed for the comfort grip you need for precise cutting. Sawdust High carbon stainless steel blades retain their ultra-sharp edges, available in 6 1/2 inch and 7 inch.

INGREDIENT INSIDER: RICE VINEGAR

[illegible]

emerge from fundamental blue or blue-white  
 Japanese and China to non-vibrant colors  
 colors called the blue-vibrant spectrum to  
 American vibrants in tangents but no matter  
 and slightly warmer blue-vibrant is available in  
 three variants, in colors and (and second)  
 blue (purple to blue-vibrant) and the  
 most vibrant color (blue in color) and color  
 and color and color. There are four types of  
 color (blue, blue, blue and blue)  
 blue-vibrant can be used in blue (blue) to  
 color (blue) and color (blue)

This amazingly easy and delicious recipe calls for natural wine vinegar (though seasoned white vinegar can be substituted for a slightly different, tangier flavor). The naturally viney notes will be blunted and pork chops, ribs (and the chicken will stand in for both) instead will shine in their own right.

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1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

1. **Identify the problem.**

- [illegible]

**1** Separate walrus and greens of cauliflowers. Finely chop greens and mix together in an airtight container or vacuum-seal plastic bag. Finely chop walrus and place in a large bowl. Add any sauce and vinegar (walrus) and put seal over, gently mix together and leave rest.

**2** Wash chicken in cold running water. Pat dry then season thoroughly with salt to taste or place. Cover and refrigerate it for 4 hours and use in fill.

2. Preheat oven to 350°F. Spray a large roasting paner (dutch-oven) with cooking spray.

3. Remove chicken from marinade, keeping as much of the marinade as possible on each piece of chicken. Discard remaining marinade. Place chicken in prepared pan, skinning side to face out, between parchment-lined sides.



places knowledge of their subjects in rather than power. Sprinkle with salt and pepper. Transfer gas to oven and bake until deeply browned on top and cooked throughout about 25 to 40 minutes. Serve immediately or reheat with microwave without cover.

[illegible]

**Green's Place**

## All Aides Lead to Nature's Place

[illegible]

# Science Meets Art

Artisan blue, Gorgonzola, and feta cheeses are popular customer picks

BY KIMBERLY SAWYER PHOTOGRAPHY BY JEFFREY M. HARRIS



In the Wisconsin town of Ashlandville, there's a small cheese company that does big things with blue. Wisconsin Cheese, located in central Wisconsin's gently rolling hill country, produces some of the best artisan blue, Gorgonzola and feta cheese anywhere. Company president Tom Wisniewski (pronounced wuh-NEE-ski) has been putting his head down degree to work there for the past 25 years.

"Tom is a true breed of cheese maker who produces artisan style cheeses using wisdom to blend principles and experience," including a 21st-century one," says Gorge Langdon, Hummel's Deli Category Manager.

For Tom, cheese making is a marriage of art and science that enables him to create artisan style cheese and have the best of both worlds. He gives us a behind-the-scenes look at the art (and science) of his cheese making.

## How did you get into cheese making?

The Wisniewskis have been making cheese here for 75 years. My grandparents founded the company in 1938, so I'm a third-generation cheese maker. My brother John and sister Kelley are also involved. We all grew up on the cheese business and helped out as children.

## What is your sister's role in the business?

Kelley is the co-owner of Wisniewski. She handles customer relations, human resources, finances and does office services. She's been with the company for 20 years.

## What makes your cheeses so special?

We have two cheese houses where we melt — one for feta and the other for blue and Gorgonzola — managed by a captain used in handling and flavoring, spices. All our cheeses, whether wedges or crumbles, meet most Hummel's high standards for quality and consistency. We make our cheeses in small batches using European cultures and cream from continuously fresh filtered milk from local dairy farms. Most is shipped in the blue and Gorgonzola cheeses for customer and selling. Both age in the cave — blue for 30 days and Gorgonzola for 60.

## Why do you need a cave?

Both blue cheese and Gorgonzola were historically aged in natural caves. The cave is a modern steel insulated building with a controlled environment that regulates the temperature and humidity of a natural cave for a consistent, high-quality cheese. Our cave cheese puts the right conditions for our blue-veined cheeses. Electronic controls which measure temperature and humidity and a HEPA filtration system create a consistent product. That's an important factor



the room flows only filtered air so often when the doors are opened, much like a hospital operating room.

**How much milk is needed to produce the cheese you make?**

Each day we use 180,000 pounds of milk. With one cow producing 85 pounds of milk a day — enough to fill a 12-gallon milk can — a takes 1,519 cows to make our daily cheese. It's a pounds-of-milk products are pound of cheese. The rest is whey and cream, which are byproducts.

**What is the philosophy behind White Cheddar?**

My business philosophy is controlled growth, but not at the expense of quality. We grow along with our customers. We do a lot of employee training and have a low turn-over. Our skilled 75 employee workforce is our best and most valuable investment. High quality comes at a price. Our commitment is more than just the cost of our cheese.

**How long have you been working with Hamanford?**

Our relationship with Hamanford goes back to the early 1940s. The company really liked our southern blue cheese which we make in the Greek tradition, using open vats, with the hand ladled into forms then drained. Our first customers to be a Hamanford brand location. It's been a wonderful partnership. Hamanford is a company of food lovers that knows its customers.

**How are your cheeses sold at Hamanford?**  
Gorgonzola and Blue cheese are sold everywhere, and then cheese is sold in cheese and assembled.

**Tell us about cheese (briat) and what is popular in the cheese world.**  
We stay on top of the trends. The focus is dependent on them. Solid consumers are greatly increased making lots. Blue and Gorgonzola toppings popular. We're for the moment.

**What is your favorite cheese?**  
We (Hamanford) like all of them.

No special questions or requests. After the cheese is opened, it has about seven days of shelf life in the refrigerator. Serving it is more convenient as preferred on the cheese comes through more clearly. Because the cheese from the fridge cheese is best before you place to serve it.

**Why do you love being a cheese maker?**

Cheese making has been around for 2,000 years. It's a fascinating business. I always learn something new. Every cheese has a story.

It's gratifying to start on the day with when liquid milk and real it with cheese. Right there in front of your eyes, you can see that you've accomplished something and our growth has been fun — we did it even make blue cheese in 1996. Now 30 years later, we're an established blue cheese manufacturer.

**What makes you so successful at it?**

I'm successful at it because of my wife's not so secret. Even when surprises and unexpected problems such as equipment breakdowns happen, people know I will solve the problem by analyzing the options and taking action.

**What is your favorite cheese?**

My favorite cheese is Gorgonzola. I like the blue and Gorgonzola on wheels. I also like older cheeses.

**EVERY DAY IT TAKES MILK FROM 1,519 COWS TO MAKE WISNERCHEN CHEESES.**



## HAMANFORD CHEESES BY WISNERCHEN

At Hamanford, we group our cheese by "families." For example, Blue and Gorgonzola can be found under Blue and one of the White Cheddar department's while others about 100 families (see below). Kyle Leighton, Vice President East Category Manager notes, "In each family we offer a wide range of options of semi-soft cheeses, along with those made for our Hamanford brand label. Like the delicious cheeses produced by Wisnerchen.



### BLUE

A semi-soft cheese made in a buttery cream milk. Blue cheese is popular in Europe where the mold occurs naturally in cows.

We carry crumbled blue and reduced fat Blue Cheese made by Wisnerchen. Blue cheese is great sprinkled on tomato soup or mixed with your cream as a dipper, topping.



### GORGONZOLA

A gorgonzola blue cream. A rich cheese. Gorgonzola is slightly dried. It's made with goats and then cheese.

We carry crumbled Gorgonzola from Wisnerchen, perfect with about 100 pairs of gorgonzola, and 100 of 100 gorgonzola. It's made with goats and then cheese. It's made with goats and then cheese. It's made with goats and then cheese.



### PELA

Pela is a Greek white cheese traditionally made from goat's or sheep's milk. Pela is an essential ingredient in Greek salad.

In our Fine Cheese department you'll find Wisnerchen made blue cheese and crumbled blue. Both Wisnerchen and reduced fat. We also carry crumbled Gorgonzola, 100 gorgonzola with goats and then cheese. It's made with goats and then cheese. It's made with goats and then cheese.

# Low-Calorie Comfort Food

Slim down with these satisfying classics

BY KIMMY MCCALLUM *PHOTOGRAPH BY JESSICA K. HARRIS*

**H**omemade comfort and familiarity: writer Nancy McCallum wants to tell us about the recent low-calorie fixie that achieved its losing weight on a diet that included beautiful versions of comfort foods. McCallum wrote of her expert once writing "dinnered down" versions of these favorites—and includes her recipe.

When my partner, Patsy, comes home from work, then usually greeted by the usual satisfying aroma of something delicious simmering on the stove top or baking in the oven. We both love our comfort food—fatty dishes that blood cheese, meat and pasta with robust flavors.

Keeping comfort foods on our menu seemed a bit of a challenge, however, when Patsy embarked on a rigorous 1,500-calorie per day regimen more than a year ago. She was getting serious in her efforts to lose weight, a battle she had been waging for entire adult life. I wasn't sure what to do about our meals. I didn't want her to feel depressed if I continued to eat home-cooked dishes while she ate menu portions or bought low-calorie meals.

I soon realized that while all the food as delicious available at our Honolulu restaurant, we could concoct low-calorie versions of many of our favorites. All it would take is a little sweat and research. Since I'm a true foodie, it was an adventure to study the calorie counts of meats, cheeses and sauces. I hadn't realized how many cheeses, butter, meats have when it comes to keeping ingredients. We soon made 8½ percent lean, ground turkey, a couple of our dairy fat substitutes, as meat loaf, meat, and chili and now we prefer diced tomatoes instead of pasta sauce—basically meaning lower: third calories have about one third the calories. As for cheese, a true comfort food, we go with part skim mozzarella



with or without fat Cheddar. We also enjoy cottage cheese as much as mozzarella—the taste is lighter, for consistency, flavor, and the calorie count lower.

Our strategies in reducing calories while retaining the essence of a dish keep us

motivated to consistently modify recipes. What also motivates us is the success Patsy has had: after less more than 80 pounds. She has a few more pounds to lose to reach her goal, but she knows now she can do it and still enjoy a tasty meal.

## PATRY'S STUFFED MEAT LOAF

SERVES 8

ACTIVE TIME: 20 MINUTES

TOTAL TIME (INCLUDES 30 MINUTES)

This is a very flexible meat loaf. The ingredients can easily be varied to suit your mood. Meat ground beef may be the choice of some households, but we prefer ground turkey. Make the flavors Italian, Mexican, Asian, etc., by changing the spices. For the stuffing, try a different low-fat cheese or chicken, eggs. Leftovers make a great sandwich.

### Meat Loaf

- 1 pkg. 8½ percent lean ground turkey (about 1½ lb.)
- 1 egg, beaten
- ¾ cup frozen onions
- ¾ cup chopped onion
- ¾ cup pickled, dillspiced white cheddar and chopped
- 2 Tbsp. yellow or brown mustard
- 1 tsp. dried oregano
- 1 tsp. dried sage
- 1 tsp. freshly ground black pepper
- ½ tsp. salt
- ¾ cup Taste of Traditional® Country Tomato Sauce (optional)

### Stuffing

- 1 cup chopped spinach (or baby spinach)
- 1 cup chopped mushrooms
- ¾ cup shredded low-fat mozzarella cheese

- 1 Preheat oven to 350°F. Spray a 5-lb. loaf pan with cooking spray.
2. In a large bowl, mix together ground turkey, egg, bread crumbs, onion, and pickled pepper. Add mustard, oregano, sage, black pepper, and salt and mix well.
- 3 Place half the meat mixture in prepared pan. Make a shallow well down the length of the meat.
4. Prepare stuffing in a medium bowl, mix together spinach, mushrooms, and cheese. Place in well.
- 5 Cover with remaining meat mixture, patch sides of meat together in and seal well.
- 6 Cook at 350°F for 1 hour. If liquid from vegetable soaks out of stuffing, don't baste — just drain it off. If desired, remove meat loaf from pan after 40 minutes and top

with sides, then continue baking for an additional 20 minutes. Let rest for 10 minutes, then slice and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING  
380 CALORIES, 10 CARBOHYDRATE, 12 PROTEIN,  
50% FAT IS 70% SATURATED, 10% CHOLESTEROL,  
100% SODIUM, 10 FIBER

## NANCY'S VEGETABLE AND CHEESE-FILLED SHELLS

SERVES 8

ACTIVE TIME: 30 MINUTES

PREP, COOK, 1 HOUR, 5 MINUTES

This dish provides a pleasing balance of vegetables and tastes. The added bonus is that it's

easy to eat and low in calories. If you prefer less heat, use fewer and pepper flakes.

- 1½ cups tortellini shells
- 1½ Tbsp. olive oil
- 4 cloves garlic, minced
- ¾ cup chopped onions
- 1 cup chopped broccoli (about one small crown)
- 1 cup chopped mushrooms
- 1 cup chopped mushrooms
- 1 (16-oz.) container shredded cottage cheese
- ½ cup Parmesan and Romano (grated, shredded)
- 1 cup part-skim, shredded mozzarella (grated, shredded)
- 1 tsp. freshly ground black pepper
- 1 tsp. dried oregano



## FOOD LOVERS' FAVORITES

1. Top dried shell
2. Top dried thyme
3. Top crushed red pepper flakes or to taste
4. Top dried tomatoes or light pasta sauce (20 calories or less per cup)

1. In a large pot, bring 1 gallon hot water to a boil over high heat. When water boils, sprinkle in 1 cup salt. Add pasta shells and cook until done, or according to package directions, about 12 minutes. Drain in colander and cool.

2. Preheat oven to 350°F. Spray a 9 by 13 inch pan with nonstick cooking spray.

3. First olive oil in a large skillet over medium heat. Add garlic and onions, cooking about 5 minutes. Mushrooms should be golden, and onions translucent. Add broccoli, carrots, and mushrooms, cooking and stirring occasionally about 10 minutes or

until broccoli is tender (5 to 10 min.) and to room temperature.

4. In a large bowl, mix together cottage cheese, Parmesan and Romano cheeses and ½ cup of the mozzarella.

5. Add cooked vegetables to cheese mixture. Add black pepper, oregano, basil, thyme and red pepper flakes and mix well.

6. Cover bottom of prepared pan with 1 cup of the dried tomatoes or pasta sauce.

7. Fill each shell with about 3½ cups of the cheese vegetable mixture. Place stuffed shells on top of tomatoes in pan. Cover with remaining 2 cups of tomatoes, then sprinkle remaining ½ cup mozzarella on top.

8. Cover pan with foil and bake at 350°F for 30 minutes. Remove foil and bake an additional 5 minutes. Shells and top layer of cheese should be pale gold. Remove from oven and serve hot.

**Whiskey Quiche** (Serves 4)  
 100 CALORIES, 10g CARBONHYDRATE, 10g PROTEIN,  
 10g FAT, 10g SODIUM, 10g FIBER, 10g CHOLESTEROL,  
 10g SUGAR, 10g SALT

### WHISKEY QUICHE

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 1 HOUR 30 MINUTES

Eliminating the crust from quiche cuts a significant number of calories from the dish. We call this Whiskey Quiche because we chose very few veggies in the recipe.

- 4 large eggs
- 100g (1 container) shredded cottage cheese
- 1 cup part skim shredded mozzarella or reduced fat shredded Cheddar cheese
- 1 cup chopped mushrooms
- 1 cup chopped onion
- 1 cup chopped black olives
- 2 Tbsp mascarpone
- 1 tsp dried oregano
- 1 tsp dried basil
- ½ tsp salt
- ½ tsp freshly ground black pepper

1. Preheat oven to 350°F. Spray a 9 inch pie pan with nonstick cooking spray.  
 2. In a large bowl, lightly whisk together eggs, being careful not to make cheese too foamy. Mix in both cheeses. Stir in mushrooms, onion, olives and garlic, then add oregano, basil, salt and black pepper. Stir until everything is well distributed.  
 3. Pour mixture into prepared pan. Bake at 350°F for 30 to 60 minutes or until top is browned. Let sit for 15 minutes, then serve warm.

**Whiskey Quiche** (Serves 4)  
 100 CALORIES, 10g CARBONHYDRATE, 10g PROTEIN,  
 10g FAT, 10g SODIUM, 10g FIBER, 10g CHOLESTEROL,  
 10g SUGAR, 10g SALT

Have a favorite recipe? Please share it – you could be featured in Food Lovers' Favorites! Just email [foodlovers@foodlovers.com](mailto:foodlovers@foodlovers.com).



# Inspired Valentines

Plan a romantic meal you'll both love

BY DIANE BURELL PHOTOGRAPHS BY FRANCES JOHNSON

Candlelight, dinner, indulgent treats, plays, and even a Valentine's Day "love of inspiration" product can help you create a romantic meal for two with ease and fun. Like this delicious dinner that's easy to prepare, yet looks so impressive. Our spin on Italian menu includes dishes that enhance the occasion with striking colors and intriguing tastes. Fresh bread, flavors a green salad topped with roasted chicken mushrooms, the ideal option for

a meal cooked for the one you love. Follow it up with a perfectly paired inspiration Angus Filet Mignon—certainly the straightforward way to any man's heart. With a rub of salt and pepper, cooked over high heat, you'll be in a restaurant mood, complemented by two potatoes seasoned with inspiration mushrooms, served with a medley of steamed green beans, whole yellow corn, beans, and sliced carrots served with inspiration Ginger and Garlic Vinaigrette.

Delicious for Valentine's meal include chocolate, and at least to taste the marriage of chocolate and raspberry. In an easy yet elegant Chocolate Raspberry Tart. Alternatively, and even easier than this, get a pair of gelato—a scoop each of inspiration Dark Chocolate Gelato and Raspberry White Chocolate Gelato, drizzled with inspiration Raspberry Syrup.

The setting is as important as the food, where it comes in a romantic dinner. Go for a tablecloth, tea china, and dark napkins. Candles, and perhaps a bud vase with a single rose, complete the table. Dim the lights, play soft music, pour a glass of good wine, and you'll enjoy an inspired romantic evening.

WILLIE B. SPINALE, D.D.E.D., WITH  
SARAH L. GAULT  
SERVES 4  
ACTIVE TIME: 30 MINUTES  
TOTAL TIME: 35 MINUTES

You can make the chicken mushrooms ahead of time, just sauté, cream and refrigerate. Remove the mushrooms from the refrigerator a half hour before dressing the salad to allow them to come to room temperature.

**Help:** Chicken mushrooms (also are too tough to eat). They make a good flavoring for beef. If you prefer not to do eat them.

1. On heat, stir-fry mushrooms.
2. Top: Inspiration and Wild Dipping Oil.
3. On a (or) Inspiration Spring the Salad.
4. Top: Inspiration Spring the Salad.
5. Top: Inspiration and (Inspiration) You grill.
6. Top: Inspiration.
7. Inspiration (also proper).
8. Inspiration (also proper).



## WINN MAKES IT SPEEDY



**Hot Chick spot:**  
Tom Hanks.  
Marcello is  
just like Super  
man: he's a  
big, jolly idiot.  
He's really Glee  
and Laverne  
combined.

Comments: smaller number of different animal and plant species, mostly birds and insects and fish

But it's the last tidbits, try a Colorado  
brownie from Lewis & Marion  
Wings & Tails (Red Bluff from Niles &  
Clara (Rosa Magaña's Spicy red pepper  
from Carolina Band) is perfect with the

3. Prepare mushrooms. Remove stems and discard (or use for soup, if desired). Slice mushrooms caps thinly in a large nonstick skillet. Heat oil over medium-high heat. Add mushrooms and sauté until softened and slightly browned, approximately 5 minutes. Remove mushrooms from heat and set aside.

APPROXIMATE HISTORICAL RATES FOR VARIOUS  
POLY-CHLORINATED POLY-CHLORINATED POLY-CHLORINATED  
POLY-CHLORINATED POLY-CHLORINATED  
POLY-CHLORINATED POLY-CHLORINATED

**PALEO MEASONS WITH STYLEHOUSE**  
**STYLE NEW POTATOES**  
 1000g  
 ACTIVE TIME: 1 HOUR  
 TOTAL TIME: 1 HOUR

As temperatures sink and ice winds influence climatic trends, and positions for the most promising crop of the year. If you prefer not to work with alcohol, without ice, without

speakers had been in the mid-west. A little inspiration. Angus MacLennan. He's very  
the audience and another film screen.

**Testers** Try using the same water you'll be drinking with the nasal jet sprayer — you'll be surprised how much better it tastes.

2. Fill in 3 paragraphs: Answer First Paragraph
3. no more paragraphs (unless you'd want to add a 4th)
4. "High school"
5. top institutions: Chinese-Indian-American
6. "Top grade of school"
7. top school
8. top heavily-ground black pepper
9. students: school fairly
10. required class

- 1.** Perform steps to GIVE like a trained balling sheet with foil and spray with cooking spray. Remove data from refrigerator and fire in a room temperature for 20 minutes.

potatoes, a new original, smaller potatoes, new varieties. In a small bowl, toss potatoes with olive oil, salt, and up to 100 mg rosemary and oregano, and thoroughly coat. Spread potatoes onto prepared baking sheet and roast for 30 to 35 minutes, turning potatoes occasionally to prevent over-browning. Potatoes should be tender when pierced with the tip of a knife.

3. While preparing meat, prepare fish. Place 1 fillet of fish inside and in a heavy-duty oven-proof medium-high heat. Put each fish in a paper bowl or on a heavy-duty oven-proof pan and sprinkle both sides of each with salt and pepper. Place fish in preheated pan and sear for 5 minutes for medium. 7 minutes for medium rare, and 8 minutes for medium well. Turn fish over and sear other side for 5 to 6 minutes on elevated surface.

- 4 Remove fillets from pan and set on a cooling board or plate. Taste with food and let rest for 10 minutes before serving.
- 5 Meanwhile, reduce heat under skillet to medium. Add remaining 1/2 lb. Trout steaks.



ed. When water, add the flour and cook (and mellowed and fragrant) about 2 to 3 minutes. Pour in wine and increase heat to medium-high, scraping bottom of pan with a wooden spoon to release some clippings. When wine is reduced to about ½ cup, remove from heat. Set in any pieces that have escaped from rising fillet. Top each fillet with a handful shelled and serve with potatoes on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
TWO CALORIES, 20 CARBOHYDRATES, 400 PROTEIN,  
200 FAT (20 Saturated), 100mg CHOLESTEROL,  
10mg SODIUM, 10 FIBER.

CHOCOLATE RASPBERRY TAFFLETS  
SERVING 4  
ACTIVE TIME: 20 MINUTES  
TOTAL TIME: UNDER 30 MINUTES

These look elegant — and so do so easy to pull together. You can take the pastry shells up to 12 hours ahead of time and fill them up to 4 hours before serving. Make sure to use frozen pull pastry, not puffin dough.

1. Sheet (approx. 9" by 9 inch) frozen puff pastry, thawed in according to package directions
2. Egg heavy cream
3. ½ cup Miniature chocolate, finely chopped
4. 1 Tbsp sugar
5. 1/2 cup frozen low fat Raspberry fruit spread
6. 1/2 cup fresh raspberries



1. Prepare pastry shells. Preheat oven to 400°F. Have ready a 9" or 12-cup muffin tin. Cut six 3-by-3-inch squares from puff pastry. Roll each square into a ball, then roll it out on a lightly floured surface. Roll each square out to a 3-by-3-inch. Gently press each pastry square into a muffin-cup to make a pastry shell. Set four corners of each pastry square should lie on top of the muffin tin. Bake for 7 minutes. Pastry will

pull slightly and corners will be golden at the top. Allow shells to cool for 5 minutes, then press gently down into the cups to make more room for filling. If frozen filling, it is a small exception, then bake corners, chocolate, and sugar over low heat and use constantly until chocolate is melted (approximately 7 minutes). Remove chocolate filling from heat.

2. Spread 1 Tbsp. of the raspberry fruit spread on bottom and sides of each pastry cup. Sprinkle warm chocolate filling among corners. Refrigerate under until filling is firm (approximately 1½ to 2 hours).

3. Remove tafflets from fridge about 10 minutes before serving. To allow them to warm up slightly. Just before serving, garnish each tafflet with fresh raspberries.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
20 CALORIES, 20 CARBOHYDRATES, 20 PROTEIN,  
100 FAT (20 Saturated), 100mg CHOLESTEROL,  
10mg SODIUM, 10 FIBER.

Chase Burrell is a Boston based freelance writer and recipe developer.

## VALENTINE LORE

One ancient tradition of love, mentioned in one story likely introduced to for a romantic use of roses. The Romans marked the beginning of spring in February a month highlighted on the 15th by the ancient festival of Lupercalia. Part of the ritual supposedly involved a custom: pairing of single men and women for the coming year. Perhaps to appease the people led by the emperor Calpurnius, the head of the month 15 Valentine on February 14, the day that is the world of romance. For

Lupercalia it was the priest who performed and awarded for performing marriage for young lovers in defiance of an imperial order. Another story that is told to love with the priest's daughter and secretly and her a young girl, from your Valentine. In the Middle Ages, many believed that birds chose their mates on February 14, and in 1807, the first paper Valentine was written by a Frenchman, wrote his wife. By 1840, friends and lovers in many countries were happily exchanging notes and gifts on this day.





A vertical photograph on the left side of the page shows a bowl of soup with various vegetables and a whole roasted onion. The soup is light-colored, and the vegetables include green beans and purple onions. The roasted onion is golden brown and sits on a small wooden stand.

# roasted soups

Ward off winter with  
a hot, comforting  
meal in a bowl

**Roasting brings out the best in food, but roasting?** You bet! Roasting vegetables in the oven is a high heat — as either words “roasting” — as opposed to preparing them on the stove top. It’s a great, if not yet widely used, technique for making soups. It’s faster than the traditional method “roast” (you don’t have to stand by the stove, roasting is roasting) and the flavor is more complex. Roasted soups are especially appreciated this time of year when we crave warm and comforting foods.

Here’s how the technique works: Vegetables are chopped and placed in a big roasting pan or cast-iron skillet. They’re roasted in a high temperature (usually around 425°F) until they turn golden brown and become slightly caramelized. Once roasted, the vegetables are removed and the hot roasting pan is deglazed with stock, wine, or beer, releasing all those delicious bits that cling to the bottom of the pan. The soup is then puréed or served hot and chunky.

Roasting is a bit faster than sautéing, but the real benefit comes from the depths of flavor. When root vegetables like carrots, onions, and garlic are roasted, their natural sugars are released, and they become deliciously sweet. Other vegetables, such as peppers, mushrooms, or mushrooms take on a woody, sometimes smoky flavor that can be achieved only with this technique. When vegetables caramelize they become crispy on the outside and tender on the inside, textures that add substance to winter soups. You’ll find that with very little effort, your soups, or rather such as Roasted Pear Chutney, Mushrooms, or Haricots, take on a whole new dimension.

By Kathy Gundt ■ Photographs by Leo Song

## ROASTED GARLIC AND BREAD SOUP WITH CHORIZO

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 30 MINUTES

In this Portuguese tradition, the so-called, hearty, robustly flavored, dish draws more like a stew than a soup. The bread soaks in the liquid for the rich, gelatinous finish.

- 1 large onion, preferably Vidalia, thinly sliced
- ½ lb. chorizo sausage, cut into ½-inch cubes
- 4 slices garlic, thinly sliced
- 1 Tbsp. olive oil
- ½ cup salt- or fat-free broth
- ½ cup freshly ground black pepper, or to taste
- 2 cups day-old baguette or sturdy French roll, cut into ½-inch cubes with or without crust
- 4 cups low-sodium chicken or vegetable broth

- 6 cup/finely chopped scallions, white and green parts

1 Preheat oven to 425°F.

2 In a 9-by-13-inch pan, mix onion, chorizo, garlic, oil, salt and pepper. Place on middle rack and roast for 15 minutes. Add bread, oil, salt and roast another 5 minutes. Add broth, stir well, and continue roasting for another 20 minutes. Gently stir until the onion and bread are soft with the back of a spoon. Remove from oven and taste for seasoning. If there are any larger pieces of bread, crush them up slightly using the back of the spoon.

3 Serve hot, each bowl topped with a sprinkling of scallions.

ANTHONY TAYLOR'S RECIPE BOOKS WILL BE AVAILABLE IN FEBRUARY AND MARCH, AND CARAMELIZED CARROT SOUP WILL BE AVAILABLE IN APRIL AND MAY. VISIT [www.fox.com](http://www.fox.com) FOR MORE INFORMATION.

## COMPLIMENTAL

One of the great pleasures of a roasted or hot soup is that it is almost a whole meal in itself. Serve large with crusty bread and one of these simple winter salads.

- Grated carrots and dried cranberries tossed with olive oil and lemon juice.
- Chopped artichoke, tomato, and apples tossed with olive oil and cider vinegar.
- Grated parsnip, scallions, and crumbled goat cheese with a dressing made from vinegar, oil and balsamic vinegar.
- Thinly sliced red and white cabbage, carrots, and crumbled blue cheese with a sprinkling of mayonnaise.

## CARAMELIZED CARROT SOUP WITH GINGER AND GINSENG

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 1 HOUR

Carrots become luxuriously sweet when they're roasted, and their sweetness is heightened when you add fresh ginger.

- 3 10 fresh large carrots, about 1½ lb. peeled and cut into ½-inch chunks
- 1 Tbsp. vegetable oil
- ¼ cup salt- or fat-free broth
- ¼ cup freshly ground ginger, pepper, or ½ tsp. salt
- 2 Tbsp. reduced-sodium ginger
- ¾ cup whole cranberry seeds
- 4 cups low-sodium vegetable broth
- 1 Tbsp. freshly squeezed lemon juice
- ¼ cup plain low-fat yogurt, stirred if needed
- 2 Tbsp. finely chopped parsley

1 Preheat oven to 425°F.

2 In a large roasting pan, mix carrots, oil, salt, and pepper. Place on middle rack and roast, stirring once or twice, for 20 minutes to brown carrots and remove moisture. Add broth, stir gently, and roast for another 20 to 25 minutes, stirring once or twice. Carrots will turn a light golden brown, caramelized in spots, and be tender when you pierce them with the point of a sharp knife. Remove from oven. Let sit and cool slightly.

3 Add half the carrots and half the veg-



muffle hatch in the head of a blender or food processor. Pulse until smooth; then pour into a 4- or 6-quart soup pot. Add remaining carrots to blender. Add 1/2 cup broth to pot, working until no scraps remain; then hot rest of pot. Add the mixture with remaining broth to blender; pulse; then add to pot. 4. Let the garlicky soup over medium-low heat until barely simmering. For an instant, pour. Serve hot, each bowl topped with a dollop of yogurt and a sprinkling of parsley.

APPROXIMATE NUTRITIONAL VALUES PER SERVING  
 170 CALORIES 12% CARBOHYDRATE 32 PROTEIN  
 10 FAT 2% SATURATED 10% CHOLESTEROL  
 10% SODIUM 10% FIBER

## ROASTED FOUR COLOR SOUP WITH GUYHIRE CRISPIES

SERVES 4

ACTIVE TIME 20 MINUTES

TOTAL TIME (INCLUDES 30 MINUTES)

When you roast onions and chutney another dozen in red wine and carrots, you end up with one of the richest, most full-flavored onion soups imaginable. The addition of roasted, chutney-topped baguette slices makes this delicious soup almost essential to eat! The recipe yields quite a bit of soup, so consider freezing half of it as robust as a cold, snowy night.

### Soup

1. 1/2 lb. white pearl-onion well cleaned, cut in half lengthwise (blend into 1/2 cup onion)
2. 1 large onion, preferably Vidalia, finely-chopped
3. 1/2 cup red onions, finely-chopped
4. 1/2 cup garlic, finely-chopped
5. 1/2 cup olive oil
6. 1/2 cup salt, or to taste
7. 1/2 cup freshly ground black pepper, or to taste

1. 1/2 cup chopped fresh thyme, or 1/2 cup dried
2. 1/2 cup dry red wine
3. 1/2 cup low sodium beef broth
4. 1/2 cup freshly-chopped fresh parsley

### GuyHire Crispies

1. 1/2 lb. baguette (cut in 1/2 inch slices)
2. 1/2 cup freshly-chopped fresh parsley

### Instructions

1. Preheat oven to 400°F.
2. In a large roasting pan, combine Vidalia onions, red onions, garlic, oil, salt, pepper, and thyme until well mixed. Place on middle rack and roast for 30 minutes.
3. Remove from oven, add wine, and let rest for 10 minutes.
4. Remove from oven and transfer onions to a large pot. Use 1/2 cup broth to scrape up any bits clinging to bottom of roasting pan. Add the rest of remaining broth to pot with onions.
5. Simmer soup, partially covered, for 30 minutes. Taste for seasoning.
6. Meanwhile, prepare crisps: Place baguette slices on a baking sheet. Add 1/2 cup olive oil and 1/2 cup salt. Remove and flip slices over. Sprinkle 1/2 cup chutney on top of each slice and heat another 10 to



ROASTED FOUR COLOR SOUP WITH GUYHIRE CRISPIES, GARNISHED WITH FRESH PARSLEY

### Notes

These crisps are quick and easy, but even better, you can make them a day or two ahead, cover and refrigerate, and simply reheat before serving. Just as the crisps are about to be served, drizzle each with olive oil and heat them for two to three minutes. A quick dip (once individual portions in plastic bags, removing all excess oil) in a cold water bath, you can take out just the amount of soup you need.

There's a definite kick to this Mexican-inspired soup, made with poblano, cubanelle, and chipotle peppers.

2 or more (or up to 4) layers is made and building. Remove from oven and keep in a cool, dry place until ready to serve (Crostini can be made a day ahead of time). E. Serve hot, each bowl topped with 1 or 2 crostini and a combination of meats.

ADDRESS: UNIVERSITY COLLEGE LONDON  
 DEPARTMENT OF LINGUISTICS 40 PORTER  
 ROAD, GUY'S CLIFF ROAD, LONDON,  
 SEVEN DENDON, N. 10

**Abstract**

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There is definite built-in sales literature throughout the magazine, reader with these kinds of resources.

**NOTE:** If you want a mild soup, remove all the seeds from the peppers. If you want a slightly spicy soup, keep a few of the seeds. And if you want a truly knock-your-socks-off soup, keep all the seeds.

2. submit projects: current and desired as described
3. submit 10 projects or long range future projects, current and desired as described
4. medium-term: 5 projects
5. **Yes, call - or let him**
6. **Yes** (provide optional blank project) or **No** (leave)
7. **Project**, **Client**
8. **Yes** (provide projects; in addition, cause showed in your information sheet)
9. **Yes** (leave blank)
10. **Yes**, low-medium magnitude or **Yes** (leave blank)
11. **Yes** (submit linked full data set as described)

2. In a 9 by 4 inch pan, mix potatoes and cabbage. Sprinkle potatoes with pepper and oil. Place pan on middle rack and toast, turning once or twice, for 30 minutes. Vegetables will turn a light golden brown around edges and will be tender when pierced with the point of a sharp knife.

with just a few drops of cream over a bowl and reserve. You don't need to clean out the blender, so a touch of this spicy citrusy cream will be good on the next

4. Remove rounding pins from created in small ribbons.

- **blotting on borders** – paper vegetables with hands, avoid movement on the borders

or food processor you need to puree the chipotle cream. Transfer puree to a large pot. Reserve about 1/4 cup broth; pour in puree and scrape up any fat from bottom of pan. Then add to rest of

Heat, purged soup over medium-low heat until barely simmering. Serve hot each bowl topped with a dollop of cheddar cream and sprinkling of scallion chives.

APPROXIMATE REPTILES/AMPHIBIANS PER SITE/100  
THE FOLLOWING DO NOT REPRESENT A COMPLETE  
LIST OF THE REPTILES/AMPHIBIANS FOUND AT THIS SITE.  
SOURCES: WILSON, 1991

### HOWARD TO MAKE STRONG BOWS

**Abstract**

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**Abstract** The purpose of this study was to determine whether there were differences in the prevalence of self-reported depression between men and women who had been exposed to violence during childhood and adulthood. Data from the National Longitudinal Study of Adolescent Health (*N = 9,800*) were used to examine the association between exposure to violence and self-reported depression among adolescents. Results showed that exposure to violence during childhood and adulthood was associated with higher rates of self-reported depression. Furthermore, the association between exposure to violence and self-reported depression was stronger for women than for men.

it, mixings of vegetables is steamed and served with bean, basil paste and broth to create this warming, hearty kitchen-beat. Serve with a leafy green salad and inspire your children to look for a complete meal.

- ☐ large onion, thinly chopped
- ☐ large carrots, peeled and thinly chopped
- ☒ ribs celery, finely chopped
- ☐ medium zucchini, finely chopped
- ☐ stems garlic, thinly sliced
- ☐ 1/2 cup olive oil
- ☐ tsp salt, or to taste
- ☐ two (family-sized) black pepper or hot sauce
- ☐ one dozen stalks of dried small striped garof
- ☐ 1 lb (or 1 1/2 lbs) raw white corned beef, rinsed and drained
- ☐ 1 qt (or 2) can crushed tomatoes
- ☐ 1/2 cup tomato paste
- ☐ vegetable oil, as needed
- ☐ cups low-sodium vegetable or chicken stock

From a cluttered kitchen to the end of the hallway, we tried to add a little something extra to a bowl of soup. Here are a few ideas for toppings – handy ways to enhance your meals.

- **Chickens** incubate. Get your old brood into small cages (pails or wireless like crates) and lock in a preheated 300°F oven for about 15 minutes. Turn oven and take another 2 minutes or so to get your brood. For flavored chicken, toss with a little olive oil and garlic or onion powder. Store in a cool, airtight container for a few days.
- **French** marinate cold chopped cauliflower, asparagus, green beans, lentils, or your favorite herb for a full 24 hours before cooking.
- **Chamex**, glaze those bones of goat, Parmesan or Cheddar and crumbled goat, fish, or trout, then let those appetites your choice.
- **Leek** and fennel, broiled or slow cooked chicken, turkey, beef, fish, or sausage to make some healthy. Toss also leek and rice or cornmeal vegetable (steamed, or stir-fry), but not add to the fry of your finished comp.
- **Delicious** and delicious. For a healthy dish, fry soup with a beautiful of your cream, yogurt, olive, butter, or margarine.

16. *How many people are there in your family?*

5. Preheat oven to 450°F.  
6. In a large, shallow, baking sheet (about 11 by 15 inches) mix onion, carrots, celery, mozzarella, garlic, oil, salt, and pepper. Place on middle rack and roast for 30 minutes, turning once at twice.  
7. While vegetables roast, bring a medium pot of water to a boil. Cook pasta for 8 to 10 minutes or until almost done and it starts to stick to one another.  
8. Remove vegetables from oven and stir in beans and tomatoes. In a small bowl, mix tomato paste and olive oil in a paper measure over vegetables, and mix well.

Roasted soups are especially appreciated at this time of year, when we crave warm and comforting foods.

to cook all vegetables. Remove from heat 10 minutes.

**3** Remove from oven. Transfer vegetables to a large soup pot. Add 1 cup of broth to boiling pot, making sure to scrape up any fat from bottom of pan. Also add the mushrooms and remaining broth to pot of vegetables. Simmer soup over moderately high heat for 15 minutes. Stir in reserved pasta and cook another 2 to 3 minutes. Add pasta is heated through. Add basil and olive for seasoning. Serve hot, with cheese on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING  
440 CALORIES 17% CARBOHYDRATE 18% PROTEIN  
30% FAT 12% FIBER 10% SODIUM 10% CHOLESTEROL  
10% VITAMIN A 10% VITAMIN C

## ROASTED MUSHROOM SOUP

SERVES 4

ACTIVE TIME 15 MINUTES

COOK TIME (OVEN) 25 MINUTES

A variety of earthy mushrooms are roasted and puréed with a touch of wine and herbs. You can experiment with different types of mushrooms, substituting oysters or the white fan (for button or oyster mushrooms). To clean mushrooms, brush dirt off lightly with a vegetable brush. If you use winter squash, use very briefly.

### Preparation Steps

Wipe the pan side specified for each recipe. In general, a stainless steel pan can be used for larger recipes, and a 10- to 12-inch pan can be used for smaller recipes. The key is that the pan should not be crowded—there should be plenty of room around the vegetables for air to circulate, so that they roast, rather than steam.

Some recipes call for preheating the vegetables with herbs, additional seasoning or the puréed soup to heat them in a soup pot or the oven, but you could also return the soup to the roasting pan and heat it in the oven. Give it a quick stir and quik a look for serving the soup directly from the pan.



BY JEFFREY MAYER FOR EWING

1. Preheat oven to 400°F.
2. In a large roasting pan, toss mushrooms, olive oil, salt, and pepper.
3. Roast mushrooms for 15 minutes.
4. In a large soup pot, sauté onion and garlic in olive oil for 5 minutes.
5. Add mushrooms and broth to pot.
6. Simmer soup over medium heat for 15 minutes.
7. Stir in reserved pasta and cook another 2 to 3 minutes.
8. Add basil and olive for seasoning.
9. Serve hot, with cheese on the side.

**1** Preheat oven to 400°F.  
**2** In a large roasting pan, toss mushrooms, olive oil, salt, and pepper. Place on middle rack and roast 15 minutes, stirring once

or twice. Mushrooms will darken around edges and be tender when you pierce them with the point of a sharp knife.

**3** Remove roasting pan from oven and add wine and 1 cup broth, stirring well and scraping up browned bits from bottom of pan.

**4** Working in batches, purée vegetables with remaining broth in a blender or food processor until smooth.

**5** Place puréed soup into a large pot and add cream. Taste for seasoning and adjust over low heat until just warming. Serve hot, each bowl garnished with parsley.

APPROXIMATE NUTRITIONAL VALUES PER SERVING  
440 CALORIES 17% CARBOHYDRATE 18% PROTEIN  
30% FAT 12% FIBER 10% SODIUM 10% CHOLESTEROL  
10% VITAMIN A 10% VITAMIN C

Jeffrey Mayer is the Assistant Chef at National Public Radio's Here and Now.

QUINCEAÑERA RECIPIES







Whether you're a devoted fan or just there for the food, these snacks will have you cheering

**January and February** are prime months for sports-related parties. Between local games, hockey, and hockey, the time of year is a sports-fan's paradise. So make your calendar, make the phone calls, and get your game on for a superb TV-watching feast.

When throwing a game-day party, there are only a few essentials to have in mind. Your guests will be enjoying exciting sports play on the screen, animated conversations on the couch, and heavy food on the buffet table (this is not a sit-down dinner!), so up to keep the menu simple. Unless the party event is the Kentucky Derby, skip the excessive finger sandwiches.

To live up to the hype, make the customer order and fill it with hot and beverages. In addition to cold beer, he can't offer a few nonalcoholic choices like bottled water, fruit tea, and soda. For easy cleanup, use disposable paper or plastic cups, napkins, plates, bowls, and napkins—remember to pick them up when buying more appetizers.

Poppers and chips and salsa are the game-day staples, but do your guests eat lower and start your party with Southwestern Chiles Popcorn and Super Macho Nachos — spicy, strong, and oh-so-very macho that chile moment has. For another top-ranked appetizer, some Sweet and Hot Venison Chicharrones, then rings of boneless chicken breast seasoned and quickly fried. (This dish is also popular with kids — serve them on the side for a week-day supper.)

Even though you're the boss, you'll want to catch some of the big game yourself, so plan to serve the main course at halftime. The Big Packed Fresh Sandwiches just might be more exciting than the halftime show. Also consider the ultimate game-day appliance because they give you the option of watching and eating from the same pot.

With recognition that game-day and parties are synonymous, the party doesn't have to be delivered. Our Best Lower Deep Dish Pizza explains the strong position

By Kimberly Mayone  
Photographs by Mark Ferri

# game on!

fill our arena. This piece offers a little pre-emptive snoring topped with a heavy mountain of sausage, hamstrings, pepperoni, bacon, macaroni, and more (you aren't kidding about the Meat Lovers!).

As the game winds down, break out a bunch of Jumbo Jolt Mac-Cheese. These oven-baked, chunky nachos are made by mixing cooked dough and melted mac. Some with lightly browned onions or glazes of our cold milk.

Breakies (or lunch). The best things about throwing a game day party at home? Two things get the best seats on the home team: no line for the bathroom and don't have a cover charge. Score!

## SUPER MACHO NACHOS

SERVES 8

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 30 MINUTES

Jalapeno-spiced beef and pork layered with lots of cheese is topped with salsa, sour cream, and avocado. "Descending and very macho. Pass the beer!" declared one of our testers.

- 1/2 cup finely chopped onion
- 1 lb 80 percent lean ground beef
- 1 lb 80 percent lean ground pork
- 1/2 cup finely ground black pepper
- 1 tsp chili powder
- 1 cup pickled jalapeno slices (drained or 16 slices)
- 1/2 cup premeasured salsa or spread and into 1/2 inch cubes
- 1 15-oz (1 1/2 cup) instant-style tortilla chips
- 1 15-oz (1 1/2 cup) grated cheddar cheese blend, shredded
- 1 15-oz (1 1/2 cup) mild sliced black olives, drained
- 1/2 cup salsa, warmed and thinly sliced
- 1 avocado, chopped
- 1 15-oz (1 1/2 cup) sour cream
- 1 15-oz (1 1/2 cup) taste of inspiration® Country Teriyaki Sauce

- 1 Preheat oven to 350°F. Grease a large baking dish with cooking spray, set aside.
- 2 Grease a large roasting skillet with cooking spray. Heat over medium-high heat. Add onion, beef, pork, black pepper and chili powder. Cook and stir, breaking up meat,

until no longer clumped, about 10 minutes.

3 Add jalapenos and cheese. Reduce heat to medium-low. Cook and stir until cheese melts. Remove from heat.

4 Add half the chips to prepared dish. Top with half the meat mixture. 1 cup of the ground cheese and half the olives. Add remaining chips, piling them on middle of dish. Top with remaining meat, cheese and olives.

5 Bake nachos for 30 minutes. Top cheese will brown slightly.

6 Garnish nachos with salsa and sour cream. Serve immediately with sour cream and salsa on the side.

**Be Ahead Tip:** You can prepare the meat mixture, add half the cheese, up to two days

ahead and refrigerate. Heat through on low heat before assembling nachos.

APPROXIMATE NUTRITIONAL VALUES PER SERVING  
290 CALORIES, 46g CARBOHYDRATE, 14g PROTEIN,  
50g FAT (25g SATURATED), 10mg CHOLESTEROL,  
1,000mg SODIUM, 40g FIBER.

## SOUTHWESTERN CHEESE POPCORN

MAKES 10 SERVINGS

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 10 MINUTES

This delicious snack has a secret ingredient: powdered cheese from a box of mac 'n cheese mix. The best way to use the





any vegetables before frying. Cook, basting until slightly golden and cooked through about 2 minutes per side. Do not overcook shells. You may have to flip chicken into hot butter. Transfer cooked chicken to a plate lined with paper towels.

6 Place strips in a large mixing bowl and drizzle sauce over chicken. Toss strips to coat them with sauce.

7 Transfer strips to a platter and serve with choice of dressing and celery sticks.

**Be Ahead Tip:** Prepare sauce up to two days in advance. Cover and refrigerate until needed. Overcooking just warms and thickens sauce smooth before using.

APPROXIMATE NUTRITIONAL VALUES PER SERVING  
 400 CALORIES • 14G CARBOHYDRATE • 10G PROTEIN  
 20G FAT (10G SATURATED) • 10MG CHOLESTEROL •  
 100MG SODIUM • 10MG FIBER

## BRO PULL OUR OWN SANDWICHES!

SERVINGS

ACTIVE TIME: 40 MINUTES

TOTAL TIME: 1 HOUR, 40 MINUTES

Slow cookers will prove dry if a hand is hard on hand. Spread pork loins on slow cooker with onions and beer; then pull up rolls with crunchy homemade coleslaw for the traditional fix.

### Part

- 1 medium onion, finely chopped
- 1/2 cup beer
- 2 lb. pork loins, approximately 1 lb. Apple or firm Swiss cheese
- 1/2 cup of prepared Sweet Southern Sauce or Raisin dressing
- 2 (2 1/2 lb.) pork loins (Chef's Prime Rib or Pork)
- 12 hamburger buns or butter rolls

- 1 (1/2 lb.) per headward butter pickles
- 1 red onion, thinly sliced

### Coleslaw

- 1 cup sugar
- 2 Tbsp. white vinegar
- 3 Tbsp. extra-virgin
- 4 Tbsp. mayonnaise
- 1/2 cup finely ground black pepper
- 1/2 cup ketchup and
- 2 (1/2 lb.) pig coleslaw mix.

1 Put onion, beer and 1/2 cup of the grill mix sauce in a slow cooker. Let well combine.

2 Put 2 Tbsp. sugar rub in a medium mixing bowl. Cook pork loins one at a time with sugar rub and add each one to slow cooker. Pork loins can be placed side by side in on top of each other.

3 Cook on low temperature setting for 4 hours.

4 Make coleslaw: In a large bowl, whisk together sugar, mustard, vinegar, mayon, may, black pepper and oil. Add coleslaw mix and toss to coat with dressing. Cover and refrigerate until needed.

5 When pork is done cooking, carefully transfer to a large bowl. Pour cooking juices through a strainer and reserve.

6 Toss 2 cups of reserved cooking juices and remaining grill mix sauce (should be about 2 1/2 cups) back into slow cooker and use well.

7 Using two forks, shred pork. Return shredded pork to slow cooker and let it cook thoroughly with sauce. Keep pork covered and on low temperature setting until serving time.

8 To serve, lay out hamburger buns, coleslaw, pickles and sliced onion. Set a pile of sauce next to the pork for easy sandwich making.

**Be Ahead Tip:** Make coleslaw in the morning where you put the pork loins into the slow cooker. If you get everything going in the morning, the final pork will be done by game time.

APPROXIMATE NUTRITIONAL VALUES PER SERVING  
 400 CALORIES • 20G CARBOHYDRATE • 10G PROTEIN  
 20G FAT (10G SATURATED) • 10MG CHOLESTEROL •  
 100MG SODIUM • 10MG FIBER



This "fork-and-knife" pizza is perfect fare for game day.



**THE UNIVERSITY OF CHICAGO**



The images show a sequence of four small square photographs. Each photo shows a plant growing in a pot. The first photo shows a small seedling with two leaves. The second photo shows the seedling with more leaves and a small stem. The third photo shows the seedling with a more developed stem and several leaves. The fourth photo shows the seedling with a tall, thin stem and many leaves, appearing more mature.

[illegible]

Pizza is perfect for game day in our simple "hamburger" sausage, pepperoni, and cheese mix hybrid with onions and cheese for deliciously melted slices. This is a fill my "fork and knife" pizza. Any leftovers, may be wrapped in foil and frozen. (See below) in a toaster oven or microwave.

- [illegible]

1. Preheat oven to 400°F. Grease a 9 by 13-inch baking pan with olive oil. Set aside.
2. Spread half the flour onto a dry work surface. Sprinkle remaining flour onto top of dough and cover a rolling pin. Use your hand to flatten dough into an oval shape. Use rolling pin to stretch it further. If dough seems difficult to stretch out, let it rest for 1 or 2 minutes then continue. Then press the gluten in the flour to stretch to "width" and "length."

### A NOTE FROM THE

- 3 Roll dough until it's about 1/8 inch thick and press a star-shaped baking pan. Push it up the roller leaving about 1/2 inch of dough on each side. The dough is very elastic, but keep working it and it will stay on sides of pan.
- 4 The hole goes for 10 minutes, then move from oven.
- 5 Meanwhile prepare meat: In a large pan, each shallot, any mushrooms, heat ground beef and sausage. Bring up meat to a simmer. Cook and stir until meat is cooked through, about 5 to 10 minutes. Stir in tomatoes and peppers. Cook to heat through, and then turn off heat.
- 6 Sprinkle 1/2 cup of mozzarella cheese over pan-baked crust. Sprinkle more sauce and meat over evenly on top of cheese. Add pasta sauce by spoonfuls, then top with remaining cheese. Sprinkle with brown rice and Parmesan.
- 7 Bake at 425°F for 30 minutes until a brown is lightly browned on top.
- 8 Let pizza rest for 5 minutes before serving. Cut into 6 pieces, being sure to cut all the way through the crust.

**Do Ahead Tip:** One day early, let entire piece rest in refrigerator though day it is wrapped with plastic wrap and refrigerated. To finish it, remove the plastic wrap, place the piece into the oven while it preheats, and then bake for an additional 5 to 10 minutes at 300°F.

1. *Staphylococcus aureus* (S. aureus) is a Gram-positive, spherical bacterium that is commonly found on the skin and in the nose of humans and animals. It is a leading cause of hospital-acquired infections and is often resistant to many antibiotics.

Journal of Management Inquiry 22(1) 3-15

[illegible]

**Abstract**

[illegible]

They even fit in an edible package! Does it get any better? These cookies are loaded with cream, vanilla, dried fruit, and chocolate bits, plus a whisper of marmite, from the marmite, angelimum, persimmon. We prefer making these ourselves, but they also work in smaller forms. They'll not only be a hit on your day — they're also great for bagged lunches and baker sales.

- 1 cup of whole-wheat flour, room temperature
- 1 cup packed light brown sugar
- 2 eggs
- 2 tsp. vanilla extract
- 2 cups flour
- 1/2 tsp. baking powder
- 1/2 tsp. salt
- 2 cups thin, prepeeled sticks (seven slices)
- 1 cup low-fat, vanilla-flavoured ice cream

- 3 Add eggs and vanilla. Beat on medium speed until blended about 1 minute. Scrape sides of bowl and beat again until creamy.
- 4 In a small bowl, whisk together flour, baking powder and salt. On low speed mix flour mixture into cookie dough just until blended about 1 minute.
- 5 Add pecans and roll into 1½ in. by 1 in. oval pastries. Place 4 pastries in each.
- 6 Drop 1½ cup-sized balls of dough onto a prepared baking sheet, with about 1 inch between them (about 8 cookies per sheet). Gently flatten with the palm of your hand until about 1 inch thick.
- 7 Bake for 18 to 20 minutes until cookies are very lightly browned on top and edges and then 5 minutes. Let rest on baking sheet for 2 to 3 minutes. Then use a spatula and carefully transfer cookies to a cooling rack.

**Top Fitness Tip:** Make walking up to work stops an exercise. Since most workers in an average community work some days

APPROXIMATELY 12,000 TONS OF PETE BARNARD  
AND ASSOCIATES, THE ASSOCIATION OF THE PETE BARNARD  
AND THE ASSOCIATION OF THE PETE BARNARD,  
CONDUCTING THE PETE BARNARD.

Kimberly Maynard lives in South Portland, Maine, with her husband and three young children. They enjoy watching sports, especially ice hockey, and spending time on the beach.



CAFFEINE TALK: WE DRINKED

These fully loaded cookies have a big crunch from a secret ingredient and will be a sure hit.

# endless pastabilities

Quick and easy sauces create hearty dinners al dente



"Can we have pasta for dinner?" my daughter used to beg. For several years, I resisted that appeal: for linguine, spaghetti, lasagna, ravioli, and macaroni there's no trouble. But the more adults never seem to grow tired of pasta. It's a cook's dream: vegetables and chicken are great with nearly everything. Good pasta comes in myriad shapes and sizes and keeps indefinitely so you can always have an assortment stored in your cupboard.

During the winter when we crave easier, warmer food with more warming flavors (tomatoes, onions, red chili like the perfect base for an easy honey-sage), and leafy herbs and vegetables can bring some Mediterranean warmth to chilly evenings.

Preparing pasta can be quick, hot water, salt, add a sauce, and have dinner ready in minutes. Of course, the sauce is the deal here. Opening a jar of sauce is fine every now and then, but variety is what makes meals satisfying. Creative cooks can take a long time to prepare. The trick is to come up with sauces that are ready in the same time as the water and cook the noodles. The following recipes are all to be made in

30 minutes or less (but often the full flavor of sauce that's been simmering for hours).

Serve the pasta with a salad of mixed greens or sliced cucumbers and croutons, bread, such as our *Five of September*.<sup>1</sup> Sometimes dried or Rosemary Olive Oil (Organic) bread, and you'll have dinner on the table in record time.

## PASTA PUTTANESCA

SERVES 4

ACTIVE TIME 10 MINUTES

TOTAL TIME 20 MINUTES

This is a particularly thick, chunky sauce with bold flavors—anchovies, capers, olives, garlic, and herbs—simmered in a tomato base.

**Note:** Anchovy oil is what canned anchovies are packed in.

- 1 In a large pot or skillet
- 1 Turn off the
- 2 Stir in the
- 1 Capers, finely chopped onion

- 1 In a large pot, bring 1 gallon water to a boil over high heat. When water boils, sprinkle in 1 cup salt. Then add pasta for salt and cook about 12 minutes, stirring once or twice. Toss pasta under oil as done.
- 2 As soon as you put water on to boil, start sauce in a large saucepan. Heat oil over medium heat. Add garlic and cook stirring 3 minutes. Bring carrot and onion to boil. Add onion, salt, pepper, basil, thyme, and



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By Kelley Gansel  
Photographs by Frances Jirisch

Clams are sautéed in garlic and white wine, with red pepper flakes and parsley adding color and flavor.



## NEWS IN BRIEF

can find baby spiders, which are regular spiders that's worked and well dried with the stems removed.

1. Is wings or other growth shaped purple
4. Yes, other color divided
3. Almost green, faintly shaped
2. (Tree) pig. Impervious. Red (to red)
5. Yes, with or to blue
6. Yes, heavily ground black pepper or to blue
6. Yes, ground cinnamon cheese

**1.** In a large pot bring 3 gallons water to a boil over high heat. When water boils sprinkle in 4 cups salt then add another pound well and cook 1 to 2 minutes stirring once or twice until just tender and done.

**2.** Meanwhile, in a large skillet, heat 1 tbsp. of the oil over medium-high heat. Add garlic and cook, stirring, for about 1 minute, being careful not to burn it. Add spinach or kale, kale stirring well to make sure it all fits in skillet. Cook, stirring, for about 2 to 3 minutes until spinach is wilted. Season with salt and pepper.

**3** Drain eggs and place in a large serving bowl. Add spinach and egg whites from shells remaining. Toss salad and dress. Stir well. Taste for seasoning. Serve immediately.

APPROXIMATE PERCENTAGE VALUES FOR VARIOUS  
 AGE-SEX GROUPS: 100% (MALE) 100% (FEMALE)  
 100% (MALE) 100% (FEMALE)  
 100% (MALE) 100% (FEMALE)

### SYNOPSIS

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	217	218	219	220	221	222	223	224	225	226	227	228	229	230	231	232	233	234	235	236	237	238	239	240	241	242	243	244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260	261	262	263	264	265	266	267	268	269	270	271	272	273	274	275	276	277	278	279	280	281	282	283	284	285	286	287	288	289	290	291	292	293	294	295	296	297	298	299	300	301	302	303	304	305	306	307	308	309	310	311	312	313	314	315	316	317	318	319	320	321	322	323	324	325	326	327	328	329	330	331	332	333	334	335	336	337	338	339	340	341	342	343	344	345	346	347	348	349	350	351	352	353	354	355	356	357	358	359	360	361	362	363	364	365	366	367	368	369	370	371	372	373	374	375	376	377	378	379	380	381	382	383	384	385	386	387	388	389	390	391	392	393	394	395	396	397	398	399	400	401	402	403	404	405	406	407	408	409	410	411	412	413	414	415	416	417	418	419	420	421	422	423	424	425	426	427	428	429	430	431	432	433	434	435	436	437	438	439	440	441	442	443	444	445	446	447	448	449	450	451	452	453	454	455	456	457	458	459	460	461	462	463	464	465	466	467	468	469	470	471	472	473	474	475	476	477	478	479	480	481	482	483	484	485	486	487	488	489	490	491	492	493	494	495	496	497	498	499	500	501	502	503	504	505	506	507	508	509	510	511	512	513	514	515	516	517	518	519	520	521	522	523	52
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ADDRESS: 10000 W. 10TH AVE., SUITE 1000, DENVER, CO 80231  
PHONE: 303-755-1000 FAX: 303-755-1001

Meat and eggs are stored together to create a virtually non-flammable source for electricity.

- 1. in sympathy
- 2. in humanitarian interest
- 3. they all will
- 4. medium sized, heavily-chopped
- 5. one day white wine

- 1/2 cup/100 ml. Firmly-ground pepper
- 1/2 tsp salt or to taste
- 1/2 tsp finely-ground black pepper or to taste
- 1/2 cup warm pasta water
- 1/2 cup fresh chopped fresh lettuce

4. In a large pot bring 1 gallon very hot tap water to a boil over high heat. When water boils, sprinkle in 4 cup salt then add spaghetti. Stir pasta well and cook about 10 to 12 minutes, stirring once or twice, until firm to bite, as desired.

**2.** While wearing, holding, and press a combing (preparturient) in a large stable over medium light heat. Cook bacon until crisp about 4 minutes on each side. Drain bacon on paper towels, crumble into ball with gloved and oil ends. Remove oil from 1 lb. of the grease from pan.

**2.** Heat 1. They become green and stir all over low heat. Add onion and cook stirring for 10 to 12 minutes, or until onion becomes

4. Cold water for shower, small water line checked

**It** is a small nesting bird, which eggs with  
chess, salt and pepper.

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26





## MEALS IN MINUTES

Add walnuts and pasta, saving for 2 minutes. Add peas and cook another minute. Add cream, salt, and pepper and let simmer for about 3 to 4 minutes or until slightly thickened.

**3** Drain pasta, reserving  $\frac{1}{2}$  cup of the cooking water. Place arugula over pasta, pour and top it with cooked pasta. Pour walnut sauce over pasta and mix well. Arugula will “cook” from the heat of the sauce and pasta. If desired, then drizzle with reserved pasta water. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
250 CALORIES, 55% CARBOHYDRATE, 10% PROTEIN,  
35% FAT, 10% SATURATED, 15% CHOLESTEROL,  
SODIUM 100MG, FIBER 10G

### INSTANT FETTUCCINE ALFREDO

SERVES 4

ACTIVE TIME: 5 MINUTES

TOTAL TIME: 10 MINUTES

This is the ultimate Italian comfort food. Pop a shot of protein, top each serving with a grilled salmon fillet or chicken breast. Keep in mind that Fettuccine Alfredo must be served immediately; it doesn't do well as tagliarini.

- 1 lb. fettuccine
- $\frac{1}{2}$  cup salted butter, melted
- $\frac{1}{2}$  cup grated Parmesan cheese
- $\frac{1}{2}$  cup heavy cream
- $\frac{1}{2}$  tsp. salt, or to taste
- $\frac{1}{2}$  tsp. freshly ground black pepper, or to taste

### A MARVELOUS MATCH

Spaghetti, linguine, and flat strands of pasta have long held a top position among butter and oil-based sauces, and cream or ricotta-based sauces. These creamy sauces blend nicely evenly and won't overpower the pasta. Angel hair pasta, however, coated with lighter tomato sauces, cream sauces, and light cream. Shapes like tortelli, ravioli, penne, and risotto work well with sauces that are thicker and have chunks — like all veg-



2. Toss reserved pasta-cooking water
- $\frac{1}{2}$  cup chopped tomatoes (optional)

**4** In a large pot, bring 1 gallon water to a boil over high heat. When water boils,

sprinkle in 4 tsp. salt, then add fettuccine. Stir pasta well and cook about 12 to 14 minutes, stirring once or twice. Drain, pat dry, or oil drain.

**5** Drain fettuccine, reserving  $\frac{1}{2}$  cup of the cooking water. Add pasta to a large bowl and mix with melted butter. Sprinkle on half the cheese, add cream, salt, and pepper, and mix well. Add pasta, mix, and mix again to then sauce slightly.

**6** Sprinkle with remaining cheese and top with chopped tomatoes. If desired, toss and serve hot.

etables, meat, oysters, olives, etc. — that are gel (lopper) butter, shapes that give added texture and flavor (smaller shapes like macaroni and tortellini). You'll want to keep a little extra on the stove for pasta, which is also good for making with a cheese sauce.

The bottom line: If you like a good color, avoid anything that is a color (type of pasta) like there's a good thing.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
200 CALORIES, 55% CARBOHYDRATE, 10% PROTEIN,  
35% FAT, 10% SATURATED, 15% CHOLESTEROL,  
SODIUM 100MG, FIBER 10G

# Heart-Warming Foods

Good taste and good health can go hand in hand

STORY BY HEIDI REICHENBERGER MORROW, MS, RD  
RECIPES BY CAROLYN EISE, PhD PHOTOGRAPHS BY CARRIE FOSTER, PT



estimated fat and trans fat), cholesterol and sodium—too high in fiber and whole grains. Some of the foods described below are especially good for the heart, and we've provided a few heart-healthy recipes so you can see how good eating can be.

**Salmon.** Cold-water fatty fish like salmon are a great source of omega-3 fatty acids. These beneficial fats can decrease the likelihood of blood clots and help lower both total and "bad" or LDL (low-density lipoprotein) cholesterol and triglycerides.

**Purple Grape Juice.** This healthiest berry crop packs your heart: Purple grape juice (made with at least 100 percent juice) from Concord grapes may help increase the flexibility of artery walls, allowing blood to flow better.

**Oats.** This morning grain is a great way to start the day. Fiber gives oatmeal staying power that helps keep you feeling satisfied throughout the morning. This same fiber, called beta glucan, appears to help lower cholesterol levels.

**Nuts.** Often thought of as a diet no-no, nuts are in fact quite beneficial. Walnuts, for example, contain omega-3 fatty acid that may lower levels of a marker for heart disease. A lower risk of heart disease is reflected by lower blood levels of this substance. Also, almonds, which have many health benefits, have been shown to lower cholesterol levels.

**F**or many in America, Heart Month and here at Homestead we want to make sure it's easy to find heart-healthy eating options. Shop from newly diagnosed with heart disease have told us how difficult meal planning and preparation can be. To help them and all our shoppers, we worked with Cardiovascular Consultants of Maine to develop educational materials geared toward heart-healthy nutrition. Our pharmacists and Nutrition Consultants will offer either in-store resources. In conjunction with Heart Month, we're introducing a guide to

planning, shopping, cooking, and eating for a healthy heart," says Julie Greene, Homestead Director of Healthy Living.

Our Guiding Stars™ program is a great place to begin. "We like to tell our customers, when they're shopping for heart-healthy foods to start with the Stars to narrow choices," says Greene. "Then read the labels and decide what's right for you."

Eating for a healthy heart is similar to being healthy eating, with an emphasis on specific foods that may provide cardiovascular benefits. Think "low fat" go-for foods that are low in fat (especially

**PARSLEY LEMON SALMON**  
SERVES 4  
ACTIVE TIME: 15 MINUTES  
TOTAL TIME: 30 MINUTES

Our easy "blendable" sauce can replace butter to add moisture in place of fat, and the combination of lemon, garlic, and fish yields a zippy sauce.

- 1 Time: olive oil
- 2a Top: mineral salts
- 4 (a) no / maximum 4 parts: olive / 1 inch (100%)
- 1 cup: fresh: average: heavily packed
- 2b Top: mineral: fresh: mild: or / to top: about
- 1 Time: heavily: average: brown: once
- 2a cup: low: mild: or: vegetable: (fruit)
- 2b Top: mild
- 4a Top: heavily: ground: thick: paper
- 1 Thick: mineral: top: stone
- Lemon: weights: (oil: most: apply: line: per: inch)

- 1 In a large shallow, heat-retention medium, heat. Add garlic and sauté until fragrant, about 1 minute. Bring coconut milk to a boil.
- 2 Place salmon fillets in pan and cook, until lightly browned on one side, about 4 minutes.
- 3 While fish cooks, put parsley, onion, lemon juice, garlic, salt, and pepper into a blender and blend for about 30 seconds until herbs are minced and sauce is well combined.
- 4 Flip fish in pan, pour sauce over fish and sauté for 10 to 15 minutes until fish is cooked through, about 4 minutes.
- 5 Transfer salmon to a warm serving platter. Turn up heat under remaining sauce in pan and boil briefly (5 to 8 minutes) to reduce. Pour reduced sauce over fish.
- 6 Sprinkle fish with fresh, garnish with lemon wedges, and serve, garnish with rice.

[illegible]

2000-2001, 2001-2002

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Overflowing with a savory-sweet, lean and non-sticking, this hearty chicken dish pairs well with brown rice and steamed spinach. It's simple to make, and you can adjust the seasonings to your taste. The lean skinless chicken is mainly unsaturated, and the oil's count is relatively low.

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- Prep work: In a large, deep-sided skillet or sautépan, heat 2 tsp of the oil over medium heat. Add garlic, stirring gently to keep it from burning. When garlic starts to brown (about 3 to 4 minutes), add 1 tbsp of the sherry and 1 tsp of the (mustard) along with finger root leaves, onion, and onion powder and apples, stirring to mix. Gradually add 1 cup of the orange juice, allowing apple to absorb juice before adding more.
- 2) Stir in browned chicken and salt (seasonality measure) in a bowl and set aside. Keep sauce in mixer.



3. Preheat oven to 325°F.

4. Pour remaining 2 tsp. oil into same pan and cook chicken breast. When oil is hot, add 2 of the chicken breasts and lightly cook (about 2 minutes), then turn and lightly cook on other side. Repeat with remaining 2 chicken breasts. Turn off heat and remove chicken to a plate.

5. While chicken cooks, put remaining ½ cup juice, 1 Tbsp. sherry and 1 tsp. soy sauce in a small jar with a lid. Shake to mix well.

6. Evenly divide food and stuffing among chicken pieces, spooning it on top and gently folding chicken partially over so it is on one side. Place in place with toothpicks.

7. Place stuffed chicken into same pan. Pour juice mixture over chicken, top loosely with a sheet of aluminum foil and bake in oven for 30 minutes.

8. Remove foil, spoon juice mixture evenly

over chicken, and return to oven for an other 5 minutes. Test for doneness — meat should be white, with no traces of pink. Transfer to warm serving platter.

9. Remove pan to stove top and make sauce. Over medium-high heat, drizzle pan with chicken broth, then add sherry, ginger and salt, scraping up bits of meat and fat stuck to pan. Pour over chicken and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
180 CALORIES, 10G CARBOHYDRATE, 12G PROTEIN,  
1.5G FAT, 1 G DIETARY FIBER, 45MG CHOLESTEROL,  
100MG SODIUM, 10 FIBER.

#### LIGHT ALMOND MACAROONS

MAKES ABOUT 15

ACTIVE TIME, 15 MINUTES

TOTAL TIME, 20 MINUTES

These also will keep, but have a considerably less sugar than most. While almonds are not low-calorie, the almond oil they contain is heart healthy and the nuts are a good source of nutrients including folate and vitamin E. The secret ingredients — nuts — give a fiber boost, and the addition of cranberry (dried) slices provides additional interest that packs more satisfaction into each cookie.

- A ½ cup sliced almonds
- B ½ cup whole almonds or whole almonds
- C ½ cup sugar
- D 1 tsp. almond extract
- E 1 egg white
- F ½ cup old-fashioned rolled oats

1. Preheat oven to 325°F. Line a cookie sheet with parchment paper. Place ½ cup sliced almonds on paper and toast for about 5 minutes, until pale gold. Watch carefully so nuts burn easily. Pour nuts onto a plate and set lined pan aside.

2. Place ½ cup whole almonds or sliced almonds and sugar in a food processor and process until they resemble a fine powder. Transfer to a medium mixing bowl, add almond extract and egg white, and mix together with a fork. Mixture will be like sticky wet sand. Mix in sliced toasted almonds and oats.

3. Using your hands, roll mixture into 15 balls and place evenly spaced on prepared baking sheet. Cookies will spread only slightly.

4. Bake at 325°F for 15 minutes, or until each of ovens for 10 to 20 minutes, or until very lightly golden, or better to under bake slightly as macaroons will firm up as they cool.

5. Remove macaroons to racks. When completely cool, store in airtight container. These cookies freeze well and can easily be defrosted in 30 minutes.

APPROXIMATE NUTRITIONAL VALUES PER MACARON:  
40 CALORIES, 10G CARBOHYDRATE,  
1G PROTEIN, 2.5G FAT, 10G DIETARY FIBER,  
45MG CHOLESTEROL, 100MG SODIUM, 10 FIBER. 4

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(LEFT) LIGHT MACAROONS





# Cooking the Books

Let your children's favorite books inspire kitchen creativity

BY KIMBERLY HICKONE PHOTOGRAPHS BY MARK FORD

Most in my three children's diaries: we do not have table. Secondly I long for the Food Network, but for the time being we live without 50 channels. In place of former TV shows our kids (ages 8, 6, and 2½) have favorite books. After reading *It Was Once a House in Maple* for the 10th time, it occurred to me that it might be fun to make some muffins for a treat. Our conversations on this topic were very animated and somewhat silly. In the end, it was decided that brown muffins dotted with chocolate chips would be best for a hungry monster. My son like them declared, "Brownies are very sweet and they are squishy. And a monster would probably like something sweet instead of boring peas." My daughter, happy, determined, "Everyone loves chocolate, so we should add some chocolate chips to our recipe."

Monster muffins were just the beginning. Since our usual book-inspired recipe we've prepared a half-dozen more of book-related dishes. Instead of cooking with my children, rather than for my children, it's a challenge because I make my living writing recipes. I can't be a writer but control fire in the kitchen. Over the years, I've learned to let my tongue and my body and my soul and claws up the stove with a smile (some of the time). I've also learned that there is great pleasure to be had in the kitchen with children.

Cooking from favorite books is particularly rewarding—the kids like the idea of making a recipe directly connected with what they're reading. Before we begin cooking, we plot the recipe. Then, while they play it up everything they hear, children are engaged. mine don't like to eat around while mommy searches through the cabinet for the rest.

It's fun to watch children develop domestic culinary personalities. My daughter is a food baker (she loves oatmeal and pasta). My children like to crack eggs, toast, and add sauce to things. Once, my 6-year-old just wanted to be around his older siblings. When we're doing cooking, I often give each child one small cleaning task, such as grating, dicing equipment, or the work of emptying the trash.

There are many lessons to be learned from cooking: creating cups of flour, snapping fresh herbs with scissors, working through the steps to plan dinner, or pulling out those books and try the monkey muffins, a plate of Cassia, Eggs and Ham, leprechaun and egg custard cups with fruit salad, or Mexican Rice and Beans inspired by the historical by Hans Miler and others. When kids participate in preparing a dish, they're more likely to eat it, and so many households that's a major victory.

## GREENS, EGGS AND HAM

**LEVEL:**  
ACTIVE TIME: 30 MINUTES  
TOTAL TIME: 40 MINUTES

"Sam I Am" would definitely approve of these little slanders. Serve with buttered toast for a complete meal. Includes

beans, an olive. The mischievous makes this dish a snap to prepare. This recipe also works well with frozen broccoli, and the optional Apple Muffins. Since kids are grown up now, this many kids will enjoy

1. Cut up 1 pig, frozen chopped spinach
2. eggs



## Cooking with Kids

- 5/ egg (included) let your dream
- A egg milk
- A/ egg -spiced Parmesan cheese
- A/ egg -baked roll
- A/ egg -baked black pepper
- 1/ egg -spiced fresh basil (egg -dried)
- 5/ egg -baked fresh basil (egg -dried)

### Apple Muffins (Apple Muffins)

- A/ egg -baked fresh basil (egg -dried)
- A/ egg -baked fresh basil (egg -dried)
- 2/ egg -baked fresh basil (egg -dried)

1. These muffins spread by cooking according to instructions in microwave or on stove top. Stir in a few egg whites to help spread out more quickly, then drain and separate out in much liquid as possible using your hands.

- 2/ egg -baked fresh basil (egg -dried)
- 2/ egg -baked fresh basil (egg -dried)
- 2/ egg -baked fresh basil (egg -dried)

### FEATURED BOOKS

*Green Eggs and Ham* by Dr. Seuss

(Random House, 1963)

*If You Give a Mouse a Cookie* by Linda Ward Beech and Lisa Fiedler (Scholastic, 1994)

*My Big Book of Eggs* by Patricia Kline and Lisa Fiedler (Scholastic, 1994)

*My Big Book of Eggs* by Patricia Kline and Lisa Fiedler (Scholastic, 1994)

*My Big Book of Eggs* by Patricia Kline and Lisa Fiedler (Scholastic, 1994)

*The Green Eggs and Ham* by Dr. Seuss (Random House, 1963)

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popcorn and small chick spread and head and process until fully mixed with egg mixture. Divide mixture among custard cups. A little or 1/2 cup measuring cup works great for this task.

4. Gently mix mixture very lightly with more white side plastic spoon for 4 cups on a plate and place in microwave. Cook on high for 3 minutes 30 seconds. Eggs will puff and be hot. Remove from oven. Use the tip of a sharp knife to pierce plastic to release steam, then carefully remove plastic wrap. Repeat with remaining 4 custard cups.

5. If planning to serve mustard sauce, white mustard and applesauce together while eggs cook for ease in serving.

6. While eggs cook, grate a 1/2 inch thick slice of cheddar cheese and place over medium heat. When hot, add 1/2 cup milk. Cook for 3 to 4 minutes and lightly browned, turn and cook until browned through, about 1 to 2 minutes. You may need to do this in two batches.

7. To serve, mix 1/2 cup mustard and egg (baked) into a small plate and then place back into individual custard cups. Place a hot milk sauce on each custard. If using, add mustard sauce on the side.

8. While eggs cook, grate a 1/2 inch thick slice of cheddar cheese and place over medium heat. When hot, add 1/2 cup milk. Cook for 3 to 4 minutes and lightly browned, turn and cook until browned through, about 1 to 2 minutes. You may need to do this in two batches.

9. To serve, mix 1/2 cup mustard and egg (baked) into a small plate and then place back into individual custard cups. Place a hot milk sauce on each custard. If using, add mustard sauce on the side.

### What Kids Can Do

- Grate the custard cups
- Separate the water out of the cooked spinach
- Break the eggs into a small bowl
- Mix and blend the egg mixture
- Prepare the optional sauce

APPROXIMATE NUTRITIONAL VALUES PER SERVING  
 100 CALORIES, 10g CARBOHYDRATE, 10g PROTEIN,  
 100mg FAT, 100mg SODIUM, 100mg CHOLESTEROL,  
 100mg VITAMIN A, 100mg VITAMIN C



### GREEN EGGS AND HAM

SERVES 4  
 ACTIVE TIME: 40 MINUTES  
 TOTAL TIME: 40 MINUTES

Most synthetic, Western-style cooking rice and beans. This traditionally vegetarian recipe is a meal all by itself. The combination without the garnishes is flavorful and can stand on its own. But the garnish adds that little something more that makes the meal especially fun for kids.

- 2/ egg -baked fresh basil (egg -dried)
- A/ egg -baked fresh basil (egg -dried)
- A/ egg -baked fresh basil (egg -dried)
- 1/ egg -baked fresh basil (egg -dried)
- 2/ egg -baked fresh basil (egg -dried)
- 1/ egg -baked fresh basil (egg -dried)
- 1/ egg -baked fresh basil (egg -dried)
- 1/ egg -baked fresh basil (egg -dried)
- 1/ egg -baked fresh basil (egg -dried)
- 1/ egg -baked fresh basil (egg -dried)



# Winter Warmers

**Simple and unpretentious** — that's one way to describe warm comfort foods. These wines can also describe comfort wines. Just explore our wine sections. There you'll discover the heated-up varieties of Italy's Spens and Farnagel — or place ticks are required. These regions produce heavy wines in climates and vintages that seem almost like a champagne moment. There becomes ripest. Consider: *Barolo*. And now a *Chianti*, robust of *Pinot*. Comfort wines let our spirits in they warm us up. And they do so very affordably.

Soil the vines and you'll find more pos affordable. *Terra Rossa* in Argentina's Mendoza is a national winery and local place. From California's *Penumbra* vineyard (Old Pinot), it's a rich, ripe blend of *Chardonnay* and *Syrah* that's perfect for those nights and just a dab. *White wine* from *Chardonnay* is *Salmon* in *Pinot*. *Pinot Grigio* that's behind in flavor and occasionally priced *Salmon* is new to *Pinot*, and we're excited about it. "Who says there's nothing to look forward to when the holidays are over?"

For the latest information on *Pinot* and wine offerings, visit us online. Sign up for our free monthly newsletter. Visit *Pinot*. *Pinot* is *Pinot*. Visit *www.pinot.com* to subscribe.

— *James Niles with contributions from Ben Mosen, Hana's Pinot Wine Buyer*

## MULLED WINE

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 30 MINUTES

Wine warmed with spices is traditional in many countries, especially those with chilly winters. They can be heated, covered, and stored up to a day in the refrigerator.



1 Bottle dry red wine (Cabernet, Pinot Noir, Merlot, Burgundy, etc.) or your favorite blended red wine (see *Red Truck*)

2 Cinnamon sticks

4 Sprigs well-washed and sliced (leaves & stems)

1 Lemon, well washed and sliced into 1/4 sections

3 Cloves (or 4)

3 Whole cloves

2 Whole allspice berries

3 Black peppercorns (optional)

1/2 Cup sugar or honey

1/2 Cup dark rum

In a large nonreactive saucepan, combine wine, water, orange, lemon, cinnamon,

cloves, allspice, and peppercorns if using. Set on low-heat burner. Place over very low heat and, watching carefully, warm the mixture until it begins to barely steam — it should not boil or simmer or alcohol will evaporate.

After wine has steamed for about 10 minutes, remove from heat. Stir in rum, taste, and add more sugar if desired. Serve warm, strained through a small sieve into mugs or sturdy wine glasses.

APPROXIMATE PER SERVING: 150 CALORIES, 100 CARBOHYDRATE, 100MG SODIUM, 100MG CHOLESTEROL, 100MG TOTAL FAT. **■**



# Wine of the Month

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a simple way to find a great bottle

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Our experts taste hundreds of wines from around the world and handpick their favorites to feature exclusively at Hannaford. The best part—these amazing wines are an exceptional value—only \$ to a bottle or less!

Come discover this month's gems, perfect for sharing with family and friends—but come early 'cause when they're gone, they're gone!

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